CHAPTER 1: What is Psychology?

Psychology (defined)

1. CRITICAL THINKING
   Critical Thinking (defined)
   Confirmation Bias
   Hindsight Bias ("I-knew-it-all-along" Phenomenon)

2. HISTORY
   PRESCIENTIFIC THOUGHT
   • 1. The 4 Greeks: Socrates Democritus Plato Aristotle
   • Medical Science
   • Evolutionary Perspectives
   • Empiricism

BIRTH OF PSYCHOLOGY AS A SCIENCE
   Structuralism – 1879 Wilhelm Wundt Liepzig, Germany
   Functionalism – 1890 William James

The Six Perspectives of Psychology
   1. PSYCHODYNAMIC Sigmund Freud
   2. BEHAVIORISM: Logical Positivists
      Karl Popper 2 Types of theories
   3. COGNITIVE (GESTALT / FIELD THEORY)
   4. HUMANISTIC (Existential) The third force in Psychology.
   5. BIOPSYCHOLOGICAL
   6. SOCIOCULTURAL

3. SCIENTIFIC METHOD
   WHAT PSYCHOLOGISTS DO: 4 objectives 3 tasks:
   • TYPES OF PSYCHOLOGISTS
   • CONTRIBUTIONS OF WOMEN / RACIAL & ETHNIC GROUPS

Chapter 1 TERMS:

Chapter 2: BIOLOGY & BEHAVIOR

1. EVOLUTIONARY PSYCHOLOGY
   Monozygotic Twins (MZ) Dizogotic Twins(DZ).
   Charles Darwin

2. NEURONS
   Neural Impulses, SYNAPSES
   5. NEUROTRANSMITTERS
   3 PARTS OF A NEURON: Soma (cell body), Dendrite Axons
   2 TYPES OF NEURONS “S A M E”
   1. Afferent sensory Neurons) 2. Efferent motor Neurons

3. THE NERVOUS SYSTEM (2 Main Divisions)

4. BRAIN
   3 “parts” 1. Hind (oldest) 2. Mid 3. Fore (newest) CORPUS CALLOSUM
   CEREBRAL CORTEX 2 hemispheres divided into 4 parts:
   Pheromones “Wellesley Effect”
   Aphasia

5. THE ENDOCRINE SYSTEM
Chapter 3: VOYAGE THROUGH THE LIFE SPAN

1. PRENATAL DEVELOPMENT (3 Stages)
   1. The Germinal Stage: Zygote  
   2. The Embryonic Stage: Embryo  
   3. The Fetal Stage: Fetus

2. POSTNATAL DEVELOPMENT  
   After Birth: Neonate

A. COGNITIVE DEVELOPMENT
   - PIAGET’S: Cognitive Development Theory
   - VYGOTSKY’S: Sociocultural Theory: Zone of Proximal Development Scaffolding

B. KOHLBERG’S THEORY OF MORAL DEVELOPMENT
   1. Preconventional  
   2. Conventional  
   3. Post Conventional

C. SOCIAL & PERSONALITY DEVELOPMENT
   - ERIKSON’S STAGES OF PSYCHOSOCIAL DEVELOPMENT

3. ATTACHMENT
   - THEORIES OF ATTACHMENT: Harlow’s View Lorenz’s View

4. CHILDHOOD TO DEATH
   - PARENTING STYLES (Baumrind): Authoritative Authoritarian Permissive Uninvolved
   - ADOLESCENT EGOCENTRISM (Elkind): Personal Fable Imaginary Audience
   - ADULTHOOD THEORIES ON AGING: 1. Programmed Senescence  
     2. Wear & Tear Theory
   - DEATH & DYING: 5 Stages of Dying: (Kubler-Ross)

Chapter 4: SENSATION & PERCEPTION

Perception:

1. VISION
   - Photoreceptor cells Retina Fovea Optic Nerve
   - Trichromat normal color vision Color Blindness: Dichromat Monochromat
   - Perceptual organization: 2 types of processing: top-down processing, bottom up processing
   - PERCEPTION OF MOVEMENT: Autokinetic effect Stroboscopic motion Phi-phenomenon

2. AUDITION

3. OLFACTION

4. GUSTATION

5. TACTION

6. VESTIBULAR

7. KINESTHESIS

8. ESP

Chapter 5: CONSCIOUSNESS

Meanings of Consciousness: Freud: Preconscious Unconscious Nonconscious

1. STATES OF CONSCIOUSNESS

I. Sleep & Dreams
   5 Stages of Sleep  
   Stage 1 – 4: nonREM, Stage 5 is REM Paradoxical Sleep
   STAGES: Hypnagogic state
   Sleep Terrors occur in earlier sleep stages during NREM
   Nightmares occur in later sleep stages during REM sleep

2. HYPNOSIS: FRANZ ANTON MESMER
   3 Theories of Hypnosis: Role Theory, Response Set Theory, Neodissociation Theory
   Fantasy Prone Personality

3. ALTERING CONSCIOUSNESS THROUGH DRUGS
   Wernicke-Korsakoff Syndrome
   Nicotine is a stimulant that causes some relaxation.